

28 DAY VEGAN RESET SHOPPING LIST - WEEK 3

IMPORTANT NOTES

1. All items that are in **bold** are staple foods that you'll be able to use during the other weeks as well.
2. Even if you will be able to use some items beyond this or any other week of the reset, we do understand that many people are on a tight budget, we have therefore included notes on how to adapt this shopping list in order to make it more budget friendly. Every item with a * next to it is optional.
3. **GLUTEN-FREE:** This meal plan is gluten-free to make it easier for those with allergies or intolerances. If you do not have an intolerance to gluten, feel free to include it by opting for regular pasta and bread. Just make sure they're egg-, dairy- and honey-free.

- SHOPPING LIST -

Note: You may already have some of the items listed as they were used in weeks 1 and/or 2, so make sure you check your pantry before shopping.

* indicates that this item can be omitted or modified if on a budget

FRUITS

Apples, 3
Mango, 1
Tangerines, 8
Kiwis, 2
Bananas, 10
Tomatoes*, 1 large
Avocados, 3
Lemons, 3

DRIED FRUIT:

Raisins, 1 package
Dried Figs*, 1 package (OR simply use more raisins)
Sun-dried Tomatoes, 1 package

VEGETABLES

Green Beans, 1 package (equivalent of 1 cup, either fresh or frozen)
Collard Greens, 1 bunch
Romaine Lettuce, 1 large or 2 small heads
Green Onions, 1 bunch
Garlic, 1 bulb
Celery, 1 head
Leeks, 1
Brussels Sprouts, 1 package (you'll need 2 cups)
Bell Peppers, 2

Carrots, 6
Portobello Mushrooms, 1
Broccoli, 1 small head (you'll only need 1 cup, you can freeze the rest)
Cauliflower, 1 small head (you'll only need 2 cups, you can freeze the rest)
Potatoes, (medium to large) 5
Bok Choy, 1
Corn on the Cob (OR kernels in a jar or frozen), 2

FRESH HERBS

Parsley, 1 bunch
Lemongrass*, 1

STAPLE FOODS (CONDIMENTS etc)

Coconut Nectar
Liquid Smoke
Smoked Paprika
Sea Salt
Pepper
Coconut Flakes
Mustard
Vegetable Broth
Ground Turmeric
Cacao Powder
Nutritional Yeast
Chili Flakes

Olive Oil

LEGUMES

Chickpeas, 2 jars (or 1 package, dry)
Yellow Lentils*, 1 package (OR use any other lentils you have at hand)
Kidney Beans, 3 jars (or 1 package, dry)
Extra Firm Tofu, 12oz

NUTS & SEEDS

Chia Seeds, 1 package
Hazelnuts, 1 package

Cashews, 1 package
Tahini, 1 jar/bottle
Peanut butter, 1 jar

GRAINS

Gluten-free Noodles*, 1 package (OR use more rice noodles)
Rice Noodles, 1 package
Wild Rice, 1 package (or any other kind of rice)

MYLK

Coconut Yogurt, you'll need 1 1/2 cups
Coconut Milk for drinking (or any other plant based milk) 1 liter
Coconut Milk, full fat, for cooking 1 can (Approximately 400ml)

ALLERGIES:

- TREE NUTS: you can use seeds like sunflower or pumpkin seeds instead of nuts. Instead of peanut butter, you can use sunflower seed butter, hemp seeds or ground flax seeds in the breakfast options. Instead of nut milk, you can use soy, hemp or oat milk.

For any other allergies, email us at hello@veganreset.com.

COUNTRY SPECIFIC PRODUCE AVAILABILITY

Depending on where you live, some items may be more or less difficult to find, but generally speaking, you should be able to find almost everything on the list at a regular supermarket. If you live in Australia, New Zealand or any country with a different climate than in the U.S. and central Europe, make sure you opt for seasonal fruits and veggies instead, as that will be a lot more affordable. Fruits and vegetables can be up to three or even more times more expensive when they're not in season.

WHERE TO SHOP

Your choice of grocery store/supermarket will have a great impact on how much you'll spend overall. If you are in the United States, Trader Joe's and Fairway will be much cheaper than Whole Foods and smaller health food stores. That being said, you can find affordable options even at Whole Foods, just look for the store's own brand as that will often be more affordable. Some online stores like Thrive Market, Lucky Vitamin or Fresh Direct will also have better deals at times. If there's a whole sale market like Costco near you, you'll be able to find amazing deals when buying larger quantities, so this could be great for those of you with families. If there's a farmers market near you, I'd recommend exploring it and getting to know your local farmers, they're often open to negotiating and you'll find the best local produce.

FROZEN vs. FRESH and CANNED vs. FRESH

In an ideal world, we'd all have access to the best, affordable, fresh, local and organic produce, but it's good to have options when that is not accessible or affordable. Sometimes, frozen produce can also be more convenient as you don't have to worry about it going bad and in some cases it can make preparing your meals easier. The bottom line is, if you have a choice and/or can afford it, fresh produce is better, but frozen produce and jars can be a great option as well. For jars and cans, prioritize recyclable glass jars and if BPA-free cans.

ORGANIC vs. CONVENTIONAL

As with frozen vs. fresh produce, if you can get organic food, great, but if that's not an option for you for financial reasons, there are certain items that you can get conventionally grown without a problem. I look for how thick the fruit or vegetable's skin is, the thicker the skin, the safer it is to eat it conventional. Sometimes you can also find local produce that may not be certified organic, but that wasn't sprayed with pesticides.